



Spring 2010 VOL 6, Issue 1
Family Violence Resource Network News

A periodic newsletter sponsored by the *Walking Together* program
 Samaritan Counseling Center

April is Sexual Assault Awareness Month
You're Invited!

Family Violence Resource Network Quarterly Meeting
Wednesday April 21, 10:00 – Noon
Coffee and Pastries @ 9:30

Sponsor: Sexual Assault Prevention & Counseling Center

Meeting Location: YWCA of Lancaster, 110 N. Lime St.

Topic:
**The Power of the Bystander in Prevention
 of Sexual Assault & Violence**

Speaker: Katie Taylor, Pennsylvania Coalition Against Rape

RSVP: Lcrockett@scclanc.org or call 717.625.1722 OR Sign up on Facebook @
http://www.facebook.com/n/?event.php&eid=107677445924074&mid=2143ce6G42062e35G115029bG7&n_m=lcrockett%40scclanc.org

There's more!!



From the desk of: **Yolanda Jackson, Victim Advocate, Victim
 Witness Services, Office of the District Attorney**
jacksony@co.lancaster.pa.us

In Conjunction with National Crime Victims Rights Week April 18 - 24, 2010, we would like you to stay for a Meet and Greet with Victim Service Programs and Community Agencies, from 12:00 noon - 2:00pm. **A light lunch will be provided.**

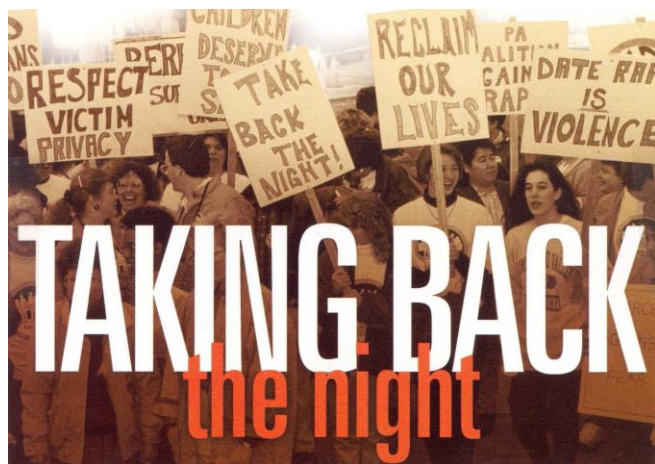
Information will be available that can help you or help someone you know. This event is sponsored by Victim Services Partnership.

PLEASE PLAN TO ATTEND ONE OR ANY PART OF THIS COMBINED EVENT April 21.

Dr. Lyndra Bills is Back in the HOUSE!!! At least she will be for the July 21 FVRN meeting. See page 5 of this newsletter - and **SAVE THE DATE!**

Dr. Bills is a Board-Certified psychiatrist trained in both psychiatry and internal medicine with fellowship training in psychotraumatology. She served as Medical Director of Mental Health Services at Lancaster General from 2004 – 2007, and became well known in Lancaster and surrounding counties for her commitment to working with community agencies dealing with traumatized populations. Prior to joining Lancaster General, she practiced in the Philadelphia area including Medical Director for the Sanctuary Program from 1996-1999. She is currently living and working in the Harrisburg, PA area.

If you or someone you care about has been sexually assaulted,
We invite you to:



● **Take Back the Night at the YWCA** ●

Tuesday April 20, 6:30 - 8 pm

...an open forum for survivors and friends to share their stories and speak out against sexual violence

Keynote speakers: **Detective Sergeant Sonia Stebbins, Lancaster City Bureau of Police, Lieutenant Ed Tobin, and Warwick Police Department**

"Every day our youth wake up in a world where they are baptized into waters of self hatred, exploitation, and objectification by a social world that only values them for what they can give, mainly sex." ---Rev. Dr. Ales Moore-Orbit, Faith Trust Institute

Do You Know What a "Wifey" Is?



Rev. Dr. Aleese Moore-Orbih
Director of Training and Consulting
FaithTrust Institute

The world of youth and young adults is a post-modern nightmare, where:

- sexual harm is normalized
- sexual exploitation is for many, a rite of passage
- getting paid for sex is acceptable
- sexting (texting nude images) is okay
- monogamy is passé
- participation in virtual alternate life games (role play) is the latest craze
- the media says your value is based on how sexy you are
- the depersonalization that comes with social networking is cool

According to the [Family Violence Prevention Fund](#):

- Approximately one in three adolescent girls in the United States is a victim of physical, emotional or verbal abuse from a dating partner--a figure that far exceeds victimization rates for other types of violence affecting youth.
- Nationwide, nearly one in ten high-school students (8.9 percent) has been hit, slapped or physically hurt on purpose by a boyfriend or girlfriend.
- Nearly one in three sexually active adolescent girls in ninth to twelfth grade (31.5 percent) report ever experiencing physical or sexual violence from dating partners.

Our youth and young adults have been socialized to believe that life is all about "me." It is first and foremost about "what I look like, what I want, what I need right now." Kids today want to be more and have more right now. Some of our youth



and young adults satisfy this narcissistic need through virtual video games where they become Avatars or people; or Second Life where kids can socialize, connect and create using free voice and text chat. It also where their created selves are vulnerable and are often victimized, making victimization in real life more probable.

Some of our youth and young adults satisfy their narcissistic needs in real life relationships. Wanting what they want when they want it from other youth and young adults. **Today young people have to know their "role" in relationships, not because it may lead to a**

heart break but because it can lead to violence.

The bottom line is that females are known as “wifey, main bitch, main ho,” etc. [all female focus group, sponsored by ALSO of Chicago] **Today young people are defining relationships and people by what they provide, mainly sex. Needless to say, a lot of what we call “dating violence” is the response of young men to young women crossing the boundaries of their “roles.”**

Every day many ‘tweens, teens, and young adult women are terribly brutalized by their partners because they wanted more. They wanted more love, more respect. There is nothing wrong with a little healthy narcissism. There is nothing wrong with wanting to be treated special and believing you deserve truth and trust in a relationship, with saying “no” to abuse.

Instead, everyday our youth wake up in a world where they are baptized into waters of self hatred, exploitation, and objectification by a social world that only values them for what they can give, mainly sex. This gender biased world is where our youth and young adults are growing up and are trying to discover themselves, make some meaning out of life, find their place, and determine what is valuable and acceptable.

The challenge for our faith communities is: how is youth ministry and youth work addressing these realities in kids’ lives? Add to that what they are seeing or experiencing in their homes and we begin to grasp the challenges facing our youth.

It is imperative that those who work with youth in our faith communities be trained and prepared to address teen dating violence, teen sexuality, and family violence. Not just in response to a possible disclosure, but by initiating the conversation and creating a context where kids feel safe to talk and ask for help; by helping kids give peer support to their friends; by linking their understanding of these experiences to their faith development.

As faith leaders, we cannot afford to be silent about the experiences of our youth. They need us to speak up, support, guide, educate, protect so that they can grow into healthy, respectful intimate relationships.

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Talking To Teens about Dating Violence at your Church

---Linda Crocket, Samaritan Counseling Center, Director of Clergy & Congregation Care



As director of the Samaritan Counseling Center’s Family Violence Prevention program, as well as our Clergy & Congregation Care

program, I agree with Rev. Moore-Orbih that we in the church need to start talking to our youth about “dating” violence, and, what constitutes healthy relationships.

Over the past year, I have engaged in considerable research about teen relationship violence in conjunction with some training I was doing for medical professionals. **The emerging studies show an alarming trend: teens in middle school whose parents consider them too young to ‘date’ are indeed engaged in relationships with boy or girls friends where they are experiencing verbal, emotional, physical and sexual abuse.**

And although parents, schools, and to some extent, churches, are talking to teens about the dangers of drugs, smoking and alcohol – very few are talking to teens about how to recognize the early warning signs of an abusive relationship. Nor are we engaging them in conversations about the components of healthy relationships based on safety, equality, and mutual respect.

The Samaritan Counseling Center offers presentations for parents, youth leaders and others in the church to learn more about this issue and how to talk to teens about it.

We also offer workshops for teens, and joint sessions for teens and parents, about healthy vs. unhealthy relationships.

When it comes to dating violence – we all need to start talking. What better place to start than in the church?

For more information or to schedule a workshop/presentation, email LCrockett@scclanc.org or call our Lititz office at 625 1722.

How does sexual violence affect health?

SV can impact health in many ways. Some ways are serious and can lead to long-term health problems. These include chronic pain, headaches, stomach problems, and sexually transmitted diseases.

SV can have an emotional impact as well. Victims often are fearful and anxious. They may replay the attack over and over in their minds. They may have problems with trust and be wary of becoming involved with others. The anger and stress that victims feel may lead to eating disorders and depression. Some even think about or attempt suicide.

SV is also linked to negative health behaviors. For example, victims are more likely to smoke, abuse alcohol, use drugs, and engage in risky sexual activity.

Source: Centers for Disease Control (CDC)

SAVE THE DATE!!!!

The July 21 FVRN meeting will feature a training by Dr. Lyndra Bills on working with traumatized populations – particularly children - using a unique technique called “Trauma Art Narrative Therapy (TANT) This is NOT art therapy; and its use is not limited to the clinical setting.

TANT is a structured creative technique for the purposes of narrating traumatic events. It is helpful when verbal processing won't be enough. TANT may be used on more than one occasion and can be used with those who have experienced multiple traumas.

Para-professionals working with people exposed to violence can also benefit from this training. One example would be advocates in Victim Assistance programs working with families of victims of homicide or other violent crime. Another would be staff of disaster relief agencies, or those working in homeless shelters.

The training will include a morning and an afternoon session. Participants may attend one or both. The morning focus will be on trauma theory, neurobiological impacts of trauma, and the basics of using TANT with various populations (including in disaster relief). In the afternoon, Dr. Bills will present several new case studies in which TANT was used with children exposed to violence, as well as discuss more advanced uses of this CBT technique she developed.

This will be a fee-based training sponsored by the Walking Together program at Samaritan Counseling Center, and we will do our best to make it as affordable as possible.

Stay tuned for more details! To be placed on the mailing list for a brochure, please email LCrockett@scclanc.org and include in the subject line TANT TRAINING.

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New Six Week Life Coaching Group Starts Wednesday April 28

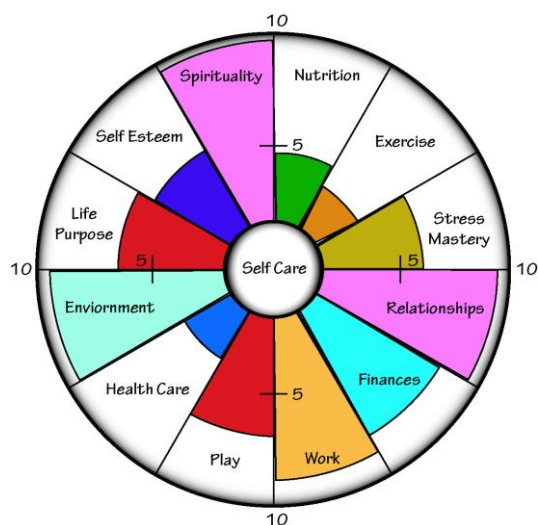
6:15 – 8:00 PM @ Samaritan Counseling Center

1803 Oregon Pike, Lancaster PA

Life coaching is a collaborative educational process of problem solving, life design, building capacity and moving from the present into the future. It's not about how or why you got lost; but focuses on "where do you want to go?"

During the past year, I have facilitated a number of coaching groups, retreats for organizations or churches, and worked with individual clients. Coaching often serves as a catalyst for people desiring to make a positive change in their lives. People use it to improve relationships, change careers, deepen their spirituality, lose weight, reduce stress, clear out clutter, and learn to "play" more.

It has been amazing to be part of the transformation that takes place when people get clear about their intentions (i.e. *what is it that you really want?*"); set realistic goals; plan weekly action steps to move toward their goals; and celebrate their victories. Since even positive change can be stressful, I love giving people self-care "tools" they can use to shift from a stress-based state into a calm, focused state in which they can respond, rather than react, to the curve balls life throws at us. Certified as a Tai Chi Easy practice leader as part of my coach training, I sometimes use these gentle, flowing movements as powerful stress reduction tools.---Linda Crockett Certified Life & Wellness Coach



For more information or to register go to our website at www.scclanc.org and click on Circle of Life Coaching, or contact Lcrockett@scclanc.org

ABOUT THE FAMILY VIOLENCE RESOURCE NETWORK

The FVRN meets 4 times a year. If you are interested in connecting with others who are concerned with family violence in Lancaster County, plan to attend these meetings! Great opportunities for learning, networking, and discussing prevention and assistance strategies in a cross-disciplinary forum that includes religious, medical, agency, mental health, survivor, advocate and community volunteer perspectives.

Meeting Schedule 2010

Date	Location	Sponsor
01/20/09	First United Methodist	Samaritan Counseling Center
04/21/09	YWCA (Lime St)	YWCA of Lancaster Sexual Assault Prevention & Counseling Center
APRIL IS SEXUAL ASSAULT & CHILD ABUSE AWARENESS MONTH		
07/21/09	TBD -TANT TRAINING	Samaritan Counseling Center
10/20/09	First United Methodist	Domestic Violence Services of Lancaster County

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

REFRESHMENTS: 9:30 AM
MEETING: 10:00 AM – Noon

First United Methodist Church is located at 29 E. Walnut St., Lancaster
You can access the parking lot from Lemon St (and several other streets). Please park
Only in the spaces marked FIRST; do not park in spaces for tenants or physicians.